

SUMMIT AT SARATOGA

Monthly Newsletter

May 2024



THE Manager's Message

"All that I am or ever hope to be, I owe to my mother."

— Abraham Lincoln

Welcome the month of May, where the trees are budding and the sun shines over us ushering in summer. The same is true here at The Summit, as we ready our outside areas to enjoy. Join us by the pond to take in the sunshine, on the patio for a friendly game of bocce or head out on Wednesday mornings to learn how to play the fastest growing sport in the US, pickleball! For your convenience, racquets are available in the pavilion storage room.

There is a lot in store for May! We will celebrate our mothers at our Tea & Dessert Party on May 10th. Come and join us! Two of our residents, Bruce Conroe and Beverly Davis, are sharing their experiences while traveling all over the world. And we can't forget the Kentucky Derby on Saturday, May 4th.

Join us in thanking our local emergency responders for EMS Week by dropping off a baked good for them. Summit will be delivering them lunch.

As of May 1st, we are back to our usual Tuesday fitness classes starting at 8 am and Move & Groove at 11:30 am.

Welcome new residents

Terry and Barbara Humiston!

Warm regards,



Christy Durant
Community Manager

Community Manager

Christy Durant
CDurant@SummitSeniorLife.com

Resident Services Coordinator

Rebecca Detora
RDetora@SummitSeniorLife.com

Concierge

Jessica Pratt
Concierge@SummitSeniorLife.com

Maintenance

Clyde Moore Jr.
Skip Vickery

Cleaner

Krick Wahl

Weekend Concierge

Lisa Wilson
Shelly Pooler

Transportation

Matt Leguire

The Summit At Saratoga
1 Perry Road
Saratoga Springs, NY 12866
518-430-2136
www.summitsaratoga.com

Emergency Maintenance Number
518-925-0905

SUMMIT SENIOR LIVING MAH JONGG TOURNAMENT

HOSTED BY:

SUMMIT AT SARATOGA

Thursday, May 16

Meet & Greet / 10:30am
Mah Jongg / 10:45am
Spring Luncheon / 12:15pm
Mah Jongg / 1:00pm
Dessert & Prizes / 2:30pm

\$5 per person.

Please sign up in the office.



NEWYORKCITYBALLET

Presents
JEWELS



Thursday, July 11
1:00pm

Saratoga Performing Arts Center

Experience the grand display of George Balanchine's three-part masterpiece.

\$47 per person

Please sign up in the office by May 3.



Donna Perry	5/01
David Hoadley	5/10
Alice Lissow	5/10
Calvin Burgart	5/11
Niel Nielsen	5/14
Fran Valentine	5/16
Peg Duell	5/17
Lois Zink	5/18
Linda Aubin	5/18
Beth Caruso	5/19
Peter Gove	5/19
Joyce Sova-Gervais	5/26
Dale Christopher	5/27

Help us celebrate our monthly birthdays on Wednesday, May 22 at 3:00pm in the Great Room. Cake & ice cream for all!

Resident Informational Meetings

Resident Program Meeting
 Wednesday, May 1 at 3:00pm
 Great Room



Resident Meeting with Christy
 Monday, May 20 at 1:00pm
 Great Room

Theatre How-To/Movie Committee
 Thursday, May 23 at 11:00am
 Movie Theater

Frozen Dinners by Chef Johnny

Chef Johnny is now offering frozen meals, which are available in the office any day of the week during business hours.

The dinners below are \$14 each and ready to be heated.

- Chicken Parmigiana with pasta, sauce, vegetable
- Meatloaf with mashed potatoes, vegetable
- Turkey Dinner with stuffing, roasted potatoes, vegetable
- Vegetable Lasagna

Excursions

Lunch at
Wheatfields
 restaurant | bar
Wednesday, May 1

Wheatfields Restaurant and Bar is a thriving cornerstone in Saratoga Springs that serves a superior lunch! Add to this a relaxed, yet elegant atmosphere that offers the city's best views on Broadway.

Please be in the lobby no later than 11:20am.
The bus will leave the Summit at 11:30am.
 14 resident minimum, 14 maximum

The Arkell Museum at Canajoharie



Wednesday, May 15

Bartlett Arkell, the first president of the Beech-Nut Packing Company, founded the Canajoharie Library for the people of the village of Canajoharie. When it opened, gracing its walls were a dozen paintings from Arkell's personal collection, including works by Gilbert Stuart and Robert Henri. The paintings were so well received that in 1927, Arkell broke ground on the original museum building, and it became the Canajoharie Library and Art Gallery.

Today, it is known as the Arkell Museum, and is proud to continue the tradition of sharing art with the Canajoharie community and beyond.

Please be in the lobby no later than 9:20am.
The bus will leave the Summit at 9:30am.
 14 residents minimum, 14 maximum

Lunch on Front Street, Ballston Spa



Wednesday, May 29

Front Street is arguably the oldest street in the Village, although it did not begin its history as a street but as a clearing surrounding the Old Iron Spring.

Choose a restaurant and enjoy your lunch! Popular favorites include: The Whistling Kettle, Iron Roost, Henry's Irish Tavern, and Front Street Deli.

Please be in the lobby no later than 10:50am.
The bus will leave the Summit at 11:00am.
 10 residents minimum, 14 maximum

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Location Key


BC-Bocce Ball Court	P-Pool
BP-Back Patio	PC-Pickleball Court
BR-Billiards Room (3rd Floor)	PS-Practitioners Suite
CR-Craft Room (2nd Floor)	TAV-Tavern
FP-Front Patio	
FS-Fitness Studio	
GR-Great Room	
LIB-Library	
LO-Lobby	
MOV-Movie Theatre	
MR-Music Room (3rd Floor)	

Yom Hashoah: Holocaust Remembrance Day
Holocaust Remembrance Day begins on May 5, 2024 at sunset and ends on May 6, 2024 at sunset.
 5/6 Survivor Voices
*"I tell the story because I believe that one person can make a difference."
 - Holocaust survivor Henry Friedman*




In June you will meet Angie Sultan, third generation survivor and author of *Dorit's Garden: Memoirs of the Holocaust*. This book is a duet of voices weaving themselves in parallel during World War II. It can be purchased on Amazon.

1 11:30am Lunch at Wheatfields Restaurant and Bar
 1:30pm Movie Matinee MOV
 2:00pm Mexican Train TAV
 3:00pm Program Meeting with Rebecca GR
 4:00pm Lip Reading Class LIB
 4:30pm Bocce Ball BC
 5:00pm Wine Wednesday BYOB TAV/BP
 6:00pm Hand & Foot Card Game MR
 Drop-off for SAIL garage sale

2  **10:00am Zoom Presentation: Mindfulness and Writing Pt 1**
 11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
 1:00pm LCR Dice Game TAV
 2:30pm Line Dancing FS
 5:00pm Cribbage TAV
 5:15pm Resident Potluck Dinner GR
Meal Order Form Due
 Drop-off for SAIL garage sale

3 10:00am Scrabble TAV
 1:00pm Netflix Series: *Suits* MOV
 1:30pm Meditate Together LIB
 2:30pm Shuffleboard TAV
 4:00pm BYOB Tavern Time TAV
 5:00/5:15pm Poker Night GR
 Drop-off for SAIL garage sale
 NYC Ballet Sign-ups Due

4 10:30am Board Games TAV
 11:00am Craft Class: Sunhats for Kentucky Derby CR
 11:30am Men's League: Billiards Club BR
 1:30pm Movie Matinee MOV
 3:00pm Mint Julep Lemonade GR
 6:00pm Hand & Foot Card Game MR
 6:00pm Worship & Music with Street Level Chapel GR
 6:45pm 2024 Kentucky Derby MOV

5 9:30am Bocce Ball BC
 10:00am Buddy Swim P
 **11:00am Docuseries: The Roosevelts MOV**
 1:00pm Mexican Train TAV
 1:30pm Sunday Movie MOV
 6:00pm Communion Service LIB

6 11:00am Social Knitting & Crochet LIB
 11:30am Men's League: Billiards Club BR
 11:30am Board Game/Canasta TAV
 **1:00pm Survivor Voices: Bearing Witness from the Holocaust to Today MOV**
 3:00pm Fiesta Happy Hour with Russ Kennedy GR
 5:00pm Mahjong TAV
 6:15pm Monday Night Movie MOV

7 9:00am Podiatrist Visits, Dr. Masias
 11:00am Shuffleboard TAV
 12:30pm Spoonful of Sugar Bakery LO
 1:00pm Tech Hour with Don MR
 1:00pm Virgin River (TV Series) MOV
 1:30pm Quarter Bingo GR
 3:00pm Open Gym with Enid FS
 3:30pm Pinochle TAV
 4:15pm Summit Supper Club: Chef Mickey's Haddock Dinner TAV
 5:00/5:15pm Poker Night GR

8  **11:00am Fire Drill Review GR**
1:00pm Fire Drill
 1:30pm Movie Matinee MOV
 2:00pm Mexican Train TAV
 4:00pm Lip Reading Class LIB
 4:30pm Bocce Ball BC
 5:00pm Wine Wednesday BYOB TAV/BP
 6:00pm Hand & Foot Card Game MR

9 11:30am Flower Arranging TAV
 11:30am Men's League: Billiards Club BR
 **1:30pm Zoom Presentation: Mindfulness and Writing Pt 2**
 2:30pm Team Trivia with Mark Hersh GR
 4:15pm Summit Supper Club: Chef Johnny's Salisbury Steak Dinner TAV
 5:00pm Cribbage TAV

10 10:00am Scrabble TAV
 **11:00am Presentation: Home Instead Services Provided GR**
 1:00pm Netflix Series: *Suits* MOV
 1:30pm Meditate Together LIB
 2:00pm Mother's Day Tea & Desserts GR
 2:30pm Shuffleboard TAV
 4:00pm BYOB Tavern Time TAV
 5:00/5:15pm Poker Night GR

11 10:30am Board Games TAV
 11:30am Men's League: Billiards Club BR
 1:00pm Ice Cream GR
 1:30pm Movie Matinee MOV
 6:00pm Hand & Foot Card Game MR
 6:00pm Worship & Music with Street Level Chapel GR

12 9:30am Bocce Ball BC
 10:00am Buddy Swim P
 **11:00am Docuseries: The Roosevelts MOV**
 1:00pm Mexican Train TAV
 1:30pm Sunday Movie MOV


13 11:00am Social Knitting & Crochet LIB
 11:30am Men's League: Billiards Club BR
 11:30am Board Game/Canasta TAV
 **1:00pm Halfway Around the World by Bruce LIB**
 3:00pm Happy Hour with Tim Barker GR
 5:00pm Mahjong TAV
 6:15pm Monday Night Movie MOV


14 11:00am Shuffleboard TAV
 1:00pm Virgin River (TV Series) MOV
 1:00pm Group Grief with Don MR
 1:30pm Quarter Bingo GR
 2:00pm Monthly Book Club: *Hamnet* LIB
 3:30pm Pinochle TAV
 4:15pm Summit Supper Club: Chef Mickey's Meatloaf Dinner TAV
 5:00/5:15pm Poker Night GR

15 **9:30am The Arkell Museum at Canajoharie**
 1:30pm Movie Matinee MOV
 2:00pm Mexican Train TAV
 4:00pm Lip Reading Class LIB
 4:30pm Bocce Ball BC
 5:00pm Wine Wednesday BYOB TAV/BP
 6:00pm Hand & Foot Card Game MR

16 10:30am Mah Jong Tournament TAV
 11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
 1:00pm LCR Dice Game TAV
 2:30pm Line Dancing FS
 4:15pm Summit Supper Club: Dickinson's Chicken Marsala Dinner TAV
 5:00pm Cribbage TAV

17 10:00am Scrabble TAV
12:30pm Nature Walk in Cole's Woods
 1:00pm Netflix Series: *Suits* MOV
 1:30pm Meditate Together LIB
 2:30pm Shuffleboard TAV
 4:00pm BYOB Tavern Time TAV
 5:00/5:15pm Poker Night GR

18 10:30am Board Games TAV
 11:30am Men's League: Billiards Club BR
 1:00pm Iced Tea Bar GR
 1:30pm Movie Matinee
 6:00pm Hand & Foot Card Game MR
 6:00pm Worship & Music with Street Level Chapel GR

19 9:30am Bocce Ball BC
 10:00am Buddy Swim P
 **11:00am Docuseries: The Roosevelts MOV**
 1:00pm Mexican Train TAV
 1:00pm Kniskern Music House Performs GR

20 11:00am Social Knitting & Crochet LIB
 11:30am Men's League: Billiards Club BR
 11:30am Board Game/Canasta TAV
 1:00pm Resident Meeting with Christy GR
 3:00pm Happy Hour GR
 5:00pm Mahjong TAV
 6:15pm Monday Night Movie MOV
 Drop-off for Desserts for EMS Week


21 11:00am Shuffleboard TAV
 12:30pm Spoonful of Sugar Bakery LO
 1:00pm Tech Hour with Don MR
 1:00pm Virgin River (TV Series) MOV
 1:30pm Quarter Bingo GR
 2:45-3:30pm Saratoga Springs Public Library Outreach LIB
 3:30pm Pinochle TAV
 4:15pm Summit Supper Club: Chef Mickey's Vegetable Lasagna Dinner TAV
 5:00/5:15pm Poker Night GR

22 11:30am Flower Arranging TAV
 1:30pm Movie Matinee MOV
 2:00pm Mexican Train TAV
 3:00pm Monthly Birthday Party GR
 4:00pm Lip Reading Class LIB
 4:30pm Bocce Ball BC
 5:00pm Wine Wednesday BYOB TAV/BP
 6:00pm Hand & Foot Card Game MR

23 11:00am Theater How-to MOV
 11:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
 2:30pm Team Trivia with Mark Hersh GR
 5:00pm Cribbage TAV
 5:15pm Summit Supper Club: Three Vines Specialty Menu TAV

24 10:00am Art Class: Watercolor Workshop with Sue Peters CR
 10:00am Scrabble TAV
 1:00pm Netflix Series: *Suits* MOV
 1:30pm Meditate Together LIB
 2:30pm Shuffleboard TAV
 4:00pm BYOB Tavern Time TAV
 5:00/5:15pm Poker Night GR

25 10:30am Board Games TAV
 11:30am Men's League: Billiards Club BR
 1:00pm Root Beer Floats GR
 1:30pm Movie Matinee MOV
 6:00pm Hand & Foot Card Game MR
 6:00pm Worship & Music with Street Level Chapel GR

26 9:30am Bocce Ball BC
 10:00am Buddy Swim P
 **11:00am Docuseries: The Roosevelts MOV**
 1:00pm Mexican Train TAV
 1:30pm Sunday Movie MOV



27 **MEMORIAL DAY**
 5:00pm Mah Jong TAV

28 11:00am Shuffleboard TAV
 1:00pm Virgin River (TV Series) MOV
 1:00pm Tech Hour with Don LIB
 1:30pm Quarter Bingo GR
 **3:15pm Presentation: Wellness Workshop by HectorPT GR**
 3:30pm Pinochle TAV
 4:15pm Summit Supper Club: Chef Mickey's Sliced Roast Beef Dinner TAV
 5:00/5:15pm Poker Night GR

29 **11:00am Lunch on Front Street, Ballston Spa**
 1:30pm Movie Matinee MOV
 2:00pm Mexican Train TAV
 **3:30pm Step on It Travel Tour: Erta Ale MOV**
 4:00pm Lip Reading Class LIB
 4:30pm Bocce Ball BC
 5:00pm Wine Wednesday BYOB TAV/BP
 6:00pm Hand & Foot Card Game MR

30 8:30am-10:00am Pancake Breakfast (\$10) GR
 1:30am Men's League: Billiards Club BR
1:00pm Shopping Shuttle
 1:00pm LCR Dice Game TAV
 2:30pm Line Dancing FS
 **3:15pm Solo in Antarctica by Beverly GR**
 5:00pm Cribbage TAV

31 10:00am Scrabble TAV
 **10:00am Presentation: History of Belmont Park & Beyond MOV**
 1:00pm Netflix Series: *Suits* MOV
 1:30pm Meditate Together LIB
 2:30pm Shuffleboard TAV
 4:00pm BYOB Tavern Time TAV
 5:00/5:15pm Poker Night GR

History of Belmont Park & Beyond by Bill Robeson
Friday, May 31 at 10:00am
 Movie Theater

- A short history of Belmont Park
- Historic significance of running the Belmont Stakes at Saratoga
- Starting with Secretariat in 1973, a video presentation of the most significant Belmont Stakes in the last 50 years
- Discussion of the primary contenders in this year's renewal of the race.

 Questions from the audience

CONNECTED life



FITNESS

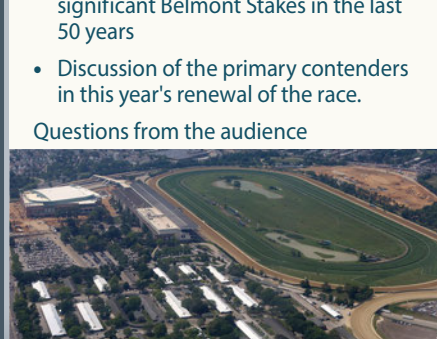
Every Monday
 Tai Chi I: Basics FS 9:00am
 Balance FS 9:30am
 Tai Chi II: Basics + 73 LIB 9:40
 Yoga FS 10:00am
 Strength Training FS 10:30am
 Tai Chi III: Intermediate LIB 10:30am

Every Tuesday
 Hydro Rider P 8:00/8:30am
 Aqua Fit P 9:30am
 Balance Class FS 10:30am
 Yoga FS 11:00am
 Move & Groove FS 11:30am

Every Wednesday
 Water Aerobics P 8:30am
 Stretch N'Flex FS 9:30am
 Sit2BeFit FS 10:30am
 Buddy Swim P 1:00am

Every Thursday
 Hydro Rider P 8:00/8:30am
 Aqua Fit P 9:30am
 Balance Class FS 10:30am
 Yoga FS 11:00am
 Move & Groove FS 11:30am

Every Friday
 Water Aerobics P 8:30am
 Tai Chi I: Basics FS 9:00am
 Hydro Rider P 9:30am/10:00am
 Tai Chi II: Basics + 73 FS 9:40
 Tai Chi III: Intermediate FS 10:30am
 Tai Chi IV: Advanced FS 11:00am
 Buddy Swim P 1:00pm



Community Programs

IT'S TIME FOR.....

2024 Kentucky Derby Saturday, May 4

Kick off the 150th renewal of The Greatest Two Minutes in Sports with us! Enjoy all the day's activities, from making fancy sunhats and sipping mint julep cocktails to watching the race on the big screen. See calendar for details!



Bocce Ball

Sundays at 9:30am
Wednesdays at 4:30pm



Weather permitting, all levels welcome!
Appropriate sneakers required

Monday Happy Hour

Unwind and relax with fellow residents every Monday at 3:00pm in the Great Room.



Monday, May 6 - Fiesta Happy Hour with Russ Kennedy

Join us for Cinco de Mayo! Enjoy our fiesta appetizers and margaritas.

Monday, May 13 - Happy Hour with Guitarist Tim Barker

Bluegrass tunes will get your toes tappin' and fingers snappin' by our newest entertainer, Tim Barker.

Mother's Day Tea & Desserts

Friday, May 10
2:00pm
Great Room

All residents are invited to join us for a delightful afternoon featuring an array of desserts and teas.



Summit Book Club

Tuesday, May 14
2:00pm
Library

This month we are reading and discussing *Hamnet* by Maggie O'Farrell.

All residents are welcome.
No sign-up necessary. Happy Reading!



Nature Walk in Cole's Woods Friday, May 17

With many miles of trails, the walker will be delighted at the wonderful display of trailside wildflowers. This guided nature walk is located in Glens Falls. \$10 donation for wildflower booklet and guide to discovering new wildflowers.

Please be in the lobby no later than 12:20pm.
The bus will leave the Summit at 12:30pm.
10 residents minimum, 14 maximum



In 1974, President Gerald Ford authorized EMS Week to celebrate EMS practitioners and the important work they do in our nation's communities. Join the Summit in honoring our emergency response providers. If you would like to donate a dessert, please deliver to the office by Monday, May 20.

Step On It Travel Tour

Erta Ale: Compact Fury
of Lava Lakes
Wednesday, May 29
3:30pm
Theater



Our Step On It Walking Program is now combined with the phenomenal Great Courses lectures. This month's travel tour is of one of the world's geological wonders: Erta Ale.

Among the five active lava lakes on Earth, the oldest and longest running is at Erta Ale in Ethiopia. Don't miss it!

Older Americans Month - Making Connections

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month.

The 2024 theme is **Powered By Connection**, which recognizes the vital role that connectedness plays in supporting independence. Summit at Saratoga will celebrate Older Americans Month by fostering connections and appreciating the wisdom and experiences of our residents!

#lovewhereyoulive



Annual Garage Sale

Decluttering or Cleaning out? Help us better our community by donating those unused items to SAIL. It is a non-profit organization that relies heavily on donations to promote independence and offer assistance. Please bring items to designated and marked cages in 1st floor south-end storage rooms between May 1-3.

Albany Guardian Society Presents Mindfulness and Writing



Thursday, May 2, 10-11:30am

Part 1: Paying Attention

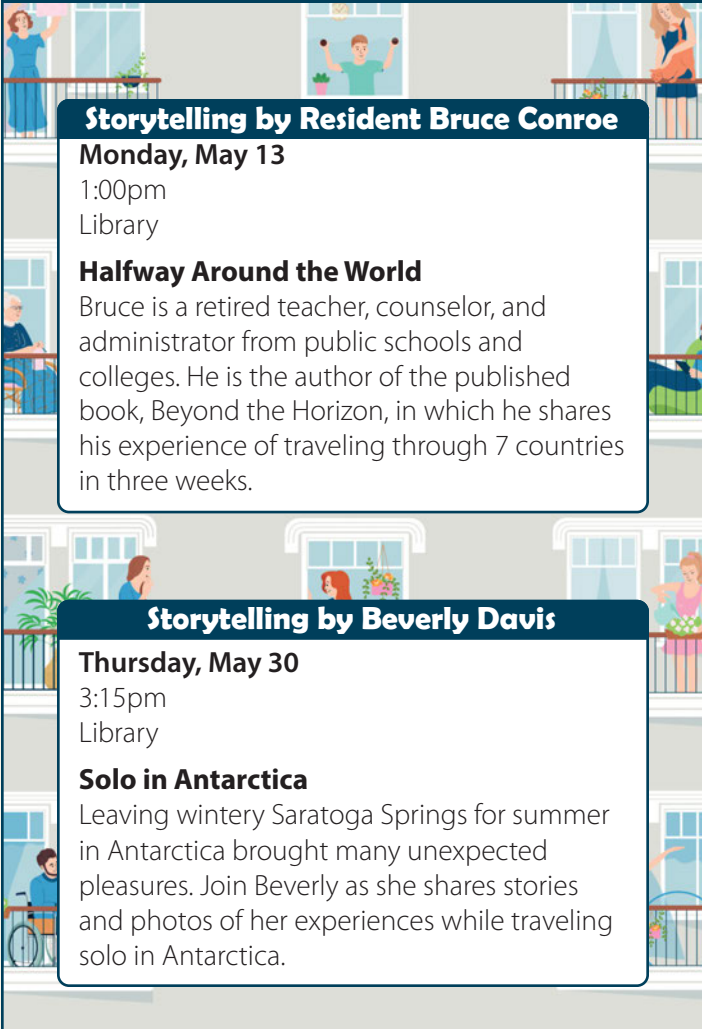
Explore all the different ways we can pay attention and live more fully.

Thursday, May 9, 1:30-3:00pm

Part 2: Honoring What We Know

Learn to use mindfulness, reflective writing, and poetry as tools.

Get to Know Your Neighbors



Storytelling by Resident Bruce Conroe

Monday, May 13

1:00pm
Library

Halfway Around the World

Bruce is a retired teacher, counselor, and administrator from public schools and colleges. He is the author of the published book, *Beyond the Horizon*, in which he shares his experience of traveling through 7 countries in three weeks.

Storytelling by Beverly Davis

Thursday, May 30

3:15pm
Library

Solo in Antarctica

Leaving wintery Saratoga Springs for summer in Antarctica brought many unexpected pleasures. Join Beverly as she shares stories and photos of her experiences while traveling solo in Antarctica.

Home Instead Services Provided

By Maria Spagnola, Consultant, Home Instead

Friday, May 10

11:00am

Great Room



To us, it's personal.

In-home care services can help people at any point within the aging process.

Kniskern Music House

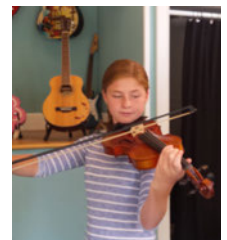
Sunday, May 19

1:00pm

Great Room



Music helps people connect, create bonds, and feel joy—especially when children are making the music. We will all be full of smiles as Kniskern Music House students show off their instrumental talent.



Concierge Services

CONTINENTAL BREAKFAST

8:30am until 10:30am in the Great Room

We are happy to offer a continental breakfast to our residents seven days a week. Start your morning right with a healthy breakfast while enjoying each other's company.



There are also copies of the newspaper in the Great Room for residents to read.

Resident Transportation

Tuesdays and Thursdays, 9am–3pm.

Please notify the office at least one week ahead of time.

Destination must be within a 12-mile radius.



at The Summit at Saratoga

♥ Gift Certificates Available ♥

Stylist

Patricia Keefe 518-992-4904

Therapeutic Massage

Shari Parslow 518-879-9365

Nail Technician

Tina Mone 518-698-4693



A SPOONFUL OF SUGAR
Confectionery Bliss

Homemade soups, chili, quiche and more!

Tuesday, May 7 & 21

12:30-1:30pm

Lobby

On-Site Podiatrist

Dr. Michael Masias, DPM

Tuesday, May 7 at 9:00am.

To make your appointment, sign up in the Great Room. He will visit you in your apartment.



SENIOR REHABILITATION SERVICES

HECTORPT

www.hectorpt.com

(518) 577-5214



BE GREEN

& recycle

CLEAN

plastics, tin,
aluminum, paper
and glass.



#zerowaste

Route 50 Shopping

Please sign up for the *Thursday 1:00pm* Shopping Shuttle in the Great Room.



Saratoga Springs Public Library

Outreach

Tuesday, May 21

2:45pm - 3:30pm

Library

There will be an array of books and movies to browse through. If you would like to reserve a book for that date, please call the library at 518-584-7860 ext. 228.



SARATOGA SPRINGS PUBLIC LIBRARY
YOUR SOURCE FOR INFORMATION, INSPIRATION, AND ENTERTAINMENT